

December GROUP FITNESS SCHEDULE: begins 12/1/2015

All classes require either a Group Fitness pass, trial pass or separate registration. *Classes denoted with a (*) require additional fees and registration.*
 Check the DCRC brochure or www.dublinohioUSA.gov for descriptions, schedules and fees. Most classes take place in fitness studio(1),studio(2)or classroom (C).

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:40a	Step - Beth(1) Spinning 55 - Ann (2)	Total Toning - Ann D(1)	20/20/20 - Beth(1) Spinning 55 - Stacey(2)	Barbell - Mollie(1)	CardioChallenge - Beth(1) Spinning 55 - Stacey(2)	8:15-9:10am Barbell - Kara(1)	
7:30-8:25a	PowerSculpt - Suzanne(1)	Core&Stretch - Suzanne(1)	Step & Sculpt - Suzanne(1)	Core&Stretch - Suzanne(1)	PowerSculpt - Suzanne(1)	8:30-9:30am Spinning 60 - Lori(2)	8:30-9:30am Spinning 60 - Kim(2)
8:30-9:25a	Step&Sculpt - Suzanne(1)	Barbell - Ann(1)	PowerSculpt - Suzanne(1) *Pilates (B) - Carol(2)	Barbell - Kerry(1)	Cardio/Sculpt-Suzanne(1) *Pilates INT - Carol(2)	9:15-10:15am Zumba- Colleen(1)	9 - 10am Pure Strength - Nicole(1)
9:30-10:25a	Kick&Sculpt-Kerry (1) PowerSculpt - Suzanne(2)	Total Body - Shelley(1) Spinning 55 - Stacey(2)	Zumba - Hilary(1) *Pilates Int/Adv -Carol(2)	20/20/20 - Kerry (1) Spinning 55-Ann Y(2)	REFIT(dance fit) - Jen(1) *Pilates ADV - Carol(2) Tabata45- Sally(C)	10:30-11:30am Total Body - Renee(1)	
10:35 - 11:30a		*Hatha Yoga -Leslie(1)	*Pilates INT - Carol(2)	*Hatha Yoga - Leslie(1)	Barbell - Sally(1) *Pilates BEG - Carol (2)		
10:45 - 11:45a	*Zumba Lite - Kerry(1)	*Functional Fitness - Sally(2)	*Senior Yoga - Pat(1)	*Functional Fitness - Sally(2)			
12-12:55p	Total Body - Elizabeth(1) Spinning 45 -Julie(2)	Zumba - Hilary(1) Cycle Circuit-Sally(2)	Barbell - Sally(1) Spinning 45 -Julie(2)	Zumba - Shelley(1)	Barbell - Ann (1) *Pilates Basics+ Julie(2)		11:45 - 12:45p *Line Dance BEG (1)
	1 - 3pm *Shamrockettes(2)				1:05 - 3:05pm *Line Dancing		
	2:30-3:30p *Yoga in the Afternoon(1)	3:30 -4:15p *Teen Strength(1)		3:30 -4:15p *Teen Strength(1)			2:00-3:30p *Line Dance INT (1)
4:30-5:25p	Barbell - Sally(1)						
5:30-6:25p	PowerSculpt-Suzanne(1) *PilatesINT - Joyelle(2)	Step & Barbell - Kara(1) Spinning 45 - Kim (2)	PowerSculpt - Suzanne(1)	Total Body - Maria(1) *Pilates Basics+ - Joyelle(2)	Zumba - Cindy		
6:30-7:25p	Zumba - Vicki(1) *Pilates In/Ad-Joyelle (2)	*Hatha Yoga -Leslie(1) Belly Dance Body Fitness - Laura(2)	Zumba - Colleen (1) Spinning 45- Nina (2)	*Hatha Yoga -Leslie(1) *PilatesINT - Joyelle(2)			6:00-7:00pm DanceBlast - Sonia(1)
7:35-8:30p	*Flowing Yoga - Loretta(1)	*Karate(1)	Total Body - Renee	*Karate (1)			
7:45-8:30p	Spinning 45 - Lori(2)			Spinning 45 - Lori(2)			

Group Exercise Class Descriptions:

Group Fitness Classes: All Classes require either a Group Fitness pass, trial pass or separate class registration.

Barbell	A strength building class designed to work each major muscle group using barbells and plates set to motivating music.
Belly Dance Body Fitness	Come try this NEW dance fitness class using belly dancing moves to give your core and other muscles a fun and challenging workout!
Cardio Challenge	An interval style cardio/strength class that will have you running, jumping, squatting and sweating!
Cardio/Sculpt	A variety of equipment (step, Jump rope, BOSU, Ball etc) add to the fun of blending cardio, strength and core training.
Core & Stretch	A great combination of core exercises for your abs and Yoga stretches and poses.
Cycle Circuit	Segments of indoor cycling mixed with conditioning exercises off the bike for an amazing metabolism builder!
Dance Blast	A high energy dance fitness class blending a variety of styles from pop to hip hop. Burn calories while dancing and having a BLAST!
Tabata 45	A 45 minute physically intense class using Tabata techniques (20 seconds of work, 10 seconds of rest) to challenge your entire body!
Kick & Sculpt	Kickboxing & dance moves set to high energy music followed up with sculpting/ab exercises.
PowerSculpt	Tone-up and build muscle through this no-impact strength program using a variety of equipment (ex: weights, bars, balls, tubes)
Pure Strength	A non-aerobic total body strength training class using weights, bars, balls, tubes and more!
REFIT(dance fit)	An exhilarating dance fitness class with rockin' rhythms and heart pumping cardio, toning, flexibility and stretching. Any fitness level or experience is welcome!
Step	A classic, high intensity cardio class using a Step platform and great choreography.
Step & Barbell	This half and half class will use the step for your cardio and finish up with strength building using the Barbells and plates.
Step & Sculpt	Start with cardio using a step, followed by strengthening exercises and finish with abs and a stretch.
Total Body	Challenge yourself with this athletic based cardio & strength class.
Total Toning	Sculpt your body from head to toe using a variety of body weight and strengthening exercises.
20/20/20	Mix it up with 20 min. of Step/Bosu, 20 min.of Kickboxing and 20 min.of sculpting/abs.
Zumba	This dance fitness class uses Latin and international rhythms to get you moving and smiling as you get in shape!

Spinning classes: Please bring water and a towel to class. New Spinning participants should arrive 5-10 minutes before class time to get oriented to the bike.

Spinning (45, 55, 60)	A 45 - 60 minute calorie-burning indoor cycling workout completed with cool down and stretching.
Cycle Circuit	Segments of indoor cycling mixed with conditioning exercises off the bike for an amazing metabolism builder!

Classes with (*) require special registration and Fees. Check the DCRC brochure or www.dublinohiousa.gov for information.

*Barre workout	Using movements from ballet and dance, sculpt your body and firm up.
*Functional Fitness	A low impact class to improve cardio vascular health and increase muscle.
*Hatha Yoga	Increase mind/body awareness and improve overall well being in this Yoga class.
*Pilates (BEG, INT & ADV)	Using the reformer machine, strengthen and lengthen your muscles while improving core strength.
*Senior Yoga	A relaxing Yoga class geared especially for those 50 and up.
*Zumba Lite	An easy to follow dance fitness class with a low impact design and a bit slower paced.

Special Notes: The classes at the DCRC are designed to be safe and challenging. Please remember these guidelines:

You will not be permitted to enter class more than 10 minutes after the class start time. It places your safety at risk and is disruptive to others if you come in late or leave early.

If you are new to any class, especially Spinning, please arrive 5-10 minutes early. Bring water to every class, a towel is also needed for Spinning classes.

Class schedules are strongly based on attendance. Any class that falls below 8 participants 4 weeks in a row may be removed from the schedule.

We appreciate your cooperation and are always interested in any feedback or suggestions.